

Fill in the gaps with the words from the box:

alleviate inhibit bolsters make up for tranquil backfire swear by falls into
put ____ to the test eating away at drifting off satiety withdrawal staple

Counting sheep helps you fall asleep (myth)

When it comes to having trouble falling asleep, people the world over have their remedies for _____. Some _____ a glass of milk while others count sheep. The theory behind the counting sheep exercise is that the simple, rhythmic, and repetitive nature of the visualization helps people sleep. But, when experts at Oxford University _____ this theory _____ they found that it doesn't work. People in the study who were asked to count sheep took 20 minutes longer to fall asleep than those who were asked to think of calming and _____ scenes like waterfalls or a beach.

Chocolate can help prevent tooth decay (fact)

Tooth decay appears when your mouth plays a home to bacteria that turn sugar into acids, further _____ the surface of teeth causing cavities. The antibacterial agents in cocoa beans tend to _____ the growth of these bacteria and prevent tooth decay. Choose to eat dark chocolate as it contains more cocoa. However, this doesn't mean you eat chocolate daily.

Smelling an apple can prevent claustrophobia (fact)

An apple a day can do more than just keep the doctor away, it can also help with claustrophobia. Apparently smelling a green apple will _____ the stress associated with confined spaces, according to research from the Smell and Taste Treatment and Research Foundation. Sniffing a green apple can also prevent headaches and migraines and some homeowners even use the scent to make their houses seem bigger to potential buyers.